INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
MARCH 1, 1939 (WEDNESDAY :

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

CORRECT COOKING CUTS VITAMIN LOSSES

It's not only what vitamins come to the kitchen via the market basket or the garden that count in the family's nutrition -- but also how much of those vitamins reach the table in foods served up so appealingly that the family can't resist them.

There are many forces at work to destroy vitamins en route from garden to table. Unnecessary vitamin losses often occur in the kitchen. For if a cook does not take precautions she may unknowingly destroy some of the very food value she planned for so carefully in her menu.

Almost everyone recognizes the culinary tragedy of a tender, juicy piece of meat being put through the ordeal of sizzling fire throughout its roasting, at the hands of an inexpert cook. The destruction of good flavor -- the shriveled, charred remains -- bear witness to wrong cooking methods.

Just as tragic, though not so evident, is the cabbage that has been overcooked until it has lost much of its valuable vitamin C. Or the carrots chopped into minute pieces, submerged in cooking water, then served up minus the water -- and consequently minus much of their vitamin and mineral content.

To sum up the situation, food values that may be lost in cooking are certain vitamins and minerals. Minerals are not destroyed, but may dissolve in the

cooking water and be lost if that is not used. Some vitamins also may be dissolved in the cooking water, namely B_1, C, G, and the pellagra-preventing factor. Vitamin B_1 or thiamin, and C or ascorbic acid, are in double danger of being lost, for they also may be destroyed by heat.

To assure the preservation of the most vitamins and minerals in the cooking of a fruit or vegetable follow the simple, easy-to-observe rule -- "Cook quickly, in as short a time as possible, using the smallest amount of liquid that is practical. Make use of the cooking water."

This, of course, is no revolutionary idea to the good cook. It is what she does anyway -- to get the most pleasing texture -- to preserve the natural good flavor and color of fruits and vegetables. She doesn't need special kettles or fancy equipment. It's just a matter of method and timing.

She knows, for instance, that it is not necessary to flood vegetables during cooking. For many, a small layer of water at the bottom of the pan will be enough to form steam to cook them. Then when the cooking is done, there'll be about enough cooking water to furnish liquid for a butter sauce or to be combined with other fats and seasonings and served with the vegetable. If considerably more water must be used, often it may be put in soups, gravies, and sauces.

All of the vitamins are more easily destroyed in a solution that is alkaline than in one that is acid. So nutrition experts put "thumbs down" on the adding of soda to preserve the color in green vegetables. Even though this practice may bring out the green color it destroys vitamins -- especially vitamin C and vitamin B_1. A recent experiment with greenbeans showed that the very least amount of soda that would preserve the green color destroyed nearly 1/3 of the vitamin B_1 content.

When cooking vegetables, heat them quickly to remove air in their tissues. Avoid any unnecessary contact of air with the vegetable during cooking. Stirring

air into hot food during cooking or sieving increases vitamin destruction by oxidation.

Another vitamin-saving practice is to use vegetables as soon as possible after buying them or bringing them in from the garden. Buy green vegetables from day to day if that is practicable, from a dealer who gets in a fresh supply of vegetables frequently. Under ordinary storage conditions there is a gradual loss of vitamins C, A, and B_1. The vitamin C losses are most serious -- especially in nonacid vegetables, and these include practically all vegetables but tomatoes. Keeping vegetables in the refrigerator or a very cold pantry helps to cut down on vitamin loss in storage.

Vegetables that have been preserved by commercial quick freezing or "frosting" are best cooked without preliminary thawing to protect their vitamin content. They should be taken out of the package and dropped immediately into boiling water. Considerable vitamin C is lost when the vegetable is allowed to thaw in the air. There is no evidence that quick freezing with storage afterwards at low temperatures has any destructive effect on vitamin content.

Such are the general rules for all of the vitamins. Three of them, C, B_1, and A need special mention.

Vitamin C, often called ascorbic acid, is one nutrient in which many diets are low. It is necessary for good tooth nutrition and for the prevention of scurvy. It must be provided daily, because the body cannot store it. Best sources are tomatoes, citrus fruits, and raw leafy vegetables. It is the most easily destroyed of the vitamins in cooking, but foods that are an excellent source of it when raw retain significant amounts of it if cooked according to the rules already suggested. It is fortunte that the acid in fruits, especially citrus fruits, and in tomatoes protects the vitamin C -- in storage, canning, and cooking.

Vitamin B_1 or thiamin is necessary to keep muscles in good "trim" and for keeping the digestive tract and the appetite in good order. Vitamin B_1 is very soluble in water and may be destroyed in cooking. It is widely scattered in nature, but there are few really excellent sources. The richest plant sources are whole-grain cereals and legumes. But green leafy vegetables and many fruits rate as good sources.

Vitamin A does not present the same cooking problems as vitamins C and B_1. In vegetable cookery practically none of it is destroyed by heat or goes into solution in the cooking water. Yet American diets often contain too little of it. It has long been known to be necessary for good tooth and bone formation, to stimulate growth, and for well being at all ages. Recent experiments have shown that an insufficient amount of vitamin A causes "nutritional" night blindness, or the inability of the eyes to adjust to dim light.

Inexpensive sources are the plants that contain provitamin A, which is changed to vitamin A in the body. These are the green leafy vegetables and the yellow vegetables. Other important sources are liver, egg yolk, butter, cream and whole milk, oily fish, and of course, fish liver oils.

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INFORMATION FOR THE PRESS

United States Department of Agriculture

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

AMERICAN MARKET PROVIDES CHEESE VARIETY

Some like soft cheese--some like hard. Some like mild cheese, and some like sharp. But no matter what the individual's preference is he should be able to find a cheese to suit his taste among the wide variety on the American market.

If his taste happens to run to American cheddar, there's good news for him. The production of cheddar cheese in the United States in 1938 was the largest on record, according to estimates of the U. S. Department of Agriculture.

This relatively mild cheese makes up at least four-fifths of the cheese produced in the United States each year. Cream cheese, unripened cheese containing from 10 to 16 percent fat--and Swiss or Emmenthaler cheese with its characteristic holes or "eyes" come next. Fourth in point of production is all-American brick cheese. The popular cottage cheese is in a class by itself as far as statistics are concerned.

If the cheese fancier's taste runs to something a little more sharply flavored, there are the many "European" varieties on the market--either made in this country or imported. These cheeses usually bear the name of the city or region in which they were first made. For instance, Roquefort, France is on the map gastronomically because it is the birthplace of Roquefort, a distinctive white cheese veined with bluish green mold.

Among other popular European type cheeses are the yellowish Gorgonzola with its green mold; spicy, green Sap Sago; cannon ball-shaped Edams; flat, round Goudas. And Camembert--Parmesan--Stilton--Cacio Cavallo--Pecorino--Limburger--Munster are a few of the other names to conjure with when buying cheese.

Time was when these exotic cheeses were made only in the section of the globe in which they were born. But now that research has revealed some of the scientific "whys" of cheese-making many of them can be reproduced anywhere there is milk of good quality and the right bacterial cultures can be used.

Even Roquefort--one of the most exacting of all cheeses as to the conditions for its ripening--is now made in the United States. The Bureau of Dairy Industry of the U. S. Department of Agriculture has developed a method of making Roquefort from cow's milk.

Thanks also to a method developed in these same laboratories, Americans can now buy a soft cheese of the Bel Paese type. This cheese originated in Italy and is popular throughout Europe. It is a mild cheese, slices easily, and spreads well.

Putting cheddar in tin cans to cure is another modern cheese development. A small one-way valve on top each can lets out the gases that develop as the cheese ripens, and keeps the air out. This way the cheese cures away from dust and mold. There is less waste in selling, and there's no rind to cut off.

These same workers have recently developed the method for cutting up, slicing, and packing in 5-pound tin cans sandwich-sized slices of Swiss and cheddar cheeses.

To help manufacturers in this country the U. S. Department of Agriculture has been doing research on the Swiss type cheese for the past twenty years. This is one of the most difficult of all cheeses to make. Certain bacteria are instrumental in forming the "eyes" in Swiss cheese and in developing its characteristic, sweetish flavor.

If a woman goes into a store and asks simply for "cheese" she'll probably get American cheddar. If it's green--that is cheese that hasn't had much ripening--the texture will be tough and rubbery and the flavor will be mild and not at all distinctive. Cheddar that has been ripened eight months to a year will be mellower--with a waxy consistency and a full well-developed flavor that has character.

Most American cheddar is made from whole milk. However, some is not and is correspondingly lower in fuel and vitamin values as well as in cost. Federal law requires that any cheese customarily made from whole milk must tell on the label if it is made from skimmed or partly skimmed milk. This law applies only to cheese shipped in interstate commerce. Among the cheeses customarily made from whole milk besides cheddar are Limburger, brick, Stilton, Gouda, Neufchatel, Roquefort, and Gorgonzola.

Many cheeses are sold today in "processed" form. That is the original cheese has been ground up, melted, an emulsifying agent added, and then remolded. During this, the texture of the cheese is changed--usually it becomes softer--and the flavor is modified. Sometimes two or more varieties of cheese are blended. If a cheese has been processed the label must say so, and in addition, name the variety or varieties in the container. The name "process cheese" unqualified on a label means process cheddar cheese.

Nutritionally cheese ranks alongside of meat as a source of efficient protein. That is, the protein can be used effectively by the body. But it is for its calcium that nutritionists look with great favor on cheese, especially Swiss and cheddar types. Cheese is also an excellent source of vitamin G, and is rich in vitamin A if it is a kind that contains considerable butterfat.

Because cheese is such a highly concentrated food it should be eaten as a main part of the meal--not as an incidental tidbit. Contrary to a notion some

persons have, cheese is highly digestible. Difficulties that come from eating it are caused by taking it in too concentrated a form or in too large quantities at one time.

Cooking cheese is simply a matter of heating it slowly until the fat in the cheese melts and blends in with other ingredients. Cheese should be cooked at low temperature—over water or in a slow oven—because of its protein. Intense heat makes the curd tough and leathery.

Whenever possible in cooking, combine cheese by first blending it into a sauce. In making macaroni and cheese, for instance, the cheese may be melted into a white sauce—then poured over the macaroni. Cheese added in layers or put atop the dish will not get so well mixed throughout.

Welsh rabbits, if made by mixing the cheese first into a white sauce mixture before combining with the egg will present none of the usual curdling problems. Of course, the temperature must remain low throughout.

To blend best, cheese should be in as small pieces as possible. Hard cheese may be grated—soft cheese shaved or pressed through a wire sieve.

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

RECIPE VARIATIONS EVERY COOK SHOULD KNOW

There come times when many a cook feels closely akin to Mother Hubbard. It's not that her cupboard is bare, but that occasionally it's bare of an important ingredient for making a favorite pudding, a prize cake, or some other concoction she has planned.

But while Mother Hubbard and her dog had to accept their fate philosophically, a cook may often figure her own way out. If she knows the possible substitutions for certain ingredients, no one need ever know that a kitchen crisis arose.

This knowledge will be helpful at other times, too, when there is no emergency. Sometimes the substitution may be in the interest of economy; sometimes it adds needed food value; and sometimes it furnishes variety.

As long as milk turns sour and baking powder cans get empty at inconvenient times, the "baking powder-and-soda" formula is a good one to remember. In cakes, and all quickbreads but pop-overs, sour milk may be substituted for sweet, cup for cup.

For every cup of really sour milk there should be 1/2 teaspoon of soda to neutralize the acid. This soda furnishes leavening power equal to 4 times its measure of baking powder -- in this case 2 teaspoon's worth. If the amount of soda needed to neutralize the sour milk in a recipe does not furnish enough leavening power, add baking powder to take care of the difference.

If the milk is just turning sour, add only about 1/4 teaspoon of soda for each cup. It is better to use too little than too much because of the taste, odor, and yellow color that result from an overamount of soda. Add the soda to the mixture by sifting it with the flour. If it is mixed first in milk, gas bubbles start forming immediately -- and some leavening power is wasted.

An all-purpose flour made from a blend of soft and hard wheats is suitable for the biggest share of baking done at home. But for cakes and pastries, many cooks insist on a special soft-wheat flour. If there is a shortage of this, either an all-purpose or a hard-wheat flour, sometimes kept on hand for making yeast bread, may be substituted. Replace 2 tablespoons of each cup of flour with 1 to 1-1/2 tablespoons of starch.

Whole-wheat flour may be used cup for cup in place of hard-wheat or all-purpose flours in many mixtures. It should be stirred to lighten it before measuring. And, like all flours, it should be measured after one sifting.

Some cooks won't make cake or cookies if they find they've run out of the kind of shortening they ordinarily use. But almost any mild-flavored fat is satisfactory in baked products if proportions are modified slightly.

Butter and margarines are about 15 percent water. So if these are substituted for lard or other fats that contain no water, add about 2 extra tablespoons for each cup. Hydrogenated fats now sold under many brand names have air beaten into them. They may be substituted measure for measure for butter or margarines. But if they are used in place of lard, add 1 to 1-1/2 tablespoons for every cup called for. Remember to add salt when unsalted fats are used instead of butter or margarine.

Borrowing a cupful from the neighbors is one way to meet the sugar-shortage emergency. Another is to use brown sugar. About 1 and 1/4 cup of brown sugar is equivalent to 1 cup of granulated white sugar. If the brown sugar is lumpy,

roll and sift it, then pack it loosely in a cup to measure.

Strained honey may also be used instead of sugar in cakes and quick-breads. Use it cup for cup in place of sugar, but reduce the liquid in the recipe. Honey has some water in it and also retains and absorbs moisture.

If medium-thick honey is used in place of half the sugar in the recipe, reduce the liquid one-fourth. If it replaces all the sugar, cut down the liquid to one-half. Mix the cake by the ordinary method, except for combining the honey with the milk. Bake at the lowest temperature given.

In these spring days when the hens are rustling about setting new production records, . it's seldom necessary to cut down on the eggs in a recipe. Many cooks take advantage of the situation by adding eggs to puddings, to sauces, salad dressings -- for the extra protein, fat, iron, vitamins A and D, and the rich flavor that they give.

Add the beaten eggs to these mixtures two or three minutes before serving time. To keep the egg from cooking too rapidly, add a little of the hot mixture to the egg first, then pour that into the remainder, and cook for a few minutes longer.

For most purposes 2 yolks or 2 whites are equal to 1 egg. If yolks alone are used in a cake -- add a little extra baking powder. Yolks have less leavening power than egg whites because less air can be beaten into them.

In a sponge-type cake, milk or water and baking powder may take the place of one or two eggs. For every egg left out, substitute 2 tablespoons of liquid and 1/2 teaspoon baking powder. Sift the baking powder with the flour and add the liquid to the batter before folding it in the egg white. This cake may be baked at slightly higher temperatures than true sponge cakes.

Those who like "any flavor" -- so long's it's chocolate" may turn a good foundation cake recipe into a chocolate or a devil's food. For chocolate cake,

let chocolate take the place of some fat and flour. One ounce or square of chocolate is the equivalent of about 1 tablespoon of fat and 1 tablespoon of flour. Melt the chocolate over warm -- not boiling -- water and add just before the egg whites are folded into the batter.

For a devil's food, first substitute sour milk for sweet using the soda-and-baking powder formula given. Then add chocolate as already indicated.

A sponge cake of ordinary proportions may be turned into a cocoa cake by substituting 1/4 cup cocoa for 1/4 cup flour. Sift the cocoa with the flour. Sometimes in cooking it is possible to substitute 1/3 cup cocoa and 1/2 tablespoon shortening for an ounce of chocolate.

Many recipes may be successfully reduced if they can be divided without using higher mathematics. For baked products use a shorter cooking time and pans that fit smaller amounts. For soups, stews, and other foods where evaporation plays an important part in cooking, there must be certain adjustments in cooking time and in the amount of liquid. There's no general rule for this, but with experience a cook can figure it out for herself.

On special occasions when there are a large number of guests to cook for in the home, it's usually best not to double or triple recipes. Household utensils generally are not large enough. And ordinarily it's easier to make a recipe twice than to try to regulate the longer cooking -- the unwieldy amount of a recipe that's been doubled.

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INFORMATION FOR THE PRESS

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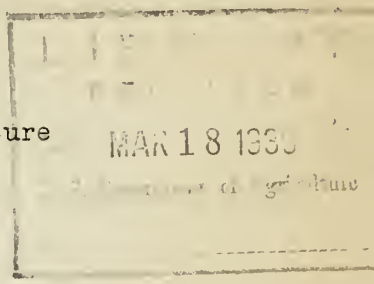

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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EMERGENCY SHELF FOR MEALTIME SECURITY

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Famous last words of many a funny-paper husband have been "I've brought a couple of fellows home with me for dinner." In drama and fiction, too, authors have fairly well exhausted the embarrassing possibilities of having unexpected guests for a meal.

In real life, the situation is somewhat different. It isn't exactly funny, of course, to the woman who has to get the meal on the table. Neither, if she is foresighted, does it call for any kitchen heroics. Rather it is an intriguing challenge--a trial-by-fire of her cooking imagination and skill.

At such times a homemaker can come off with colors flying if she has a well-stocked emergency food shelf on which to draw. This investment in mealtime security should be planned with an eye to the preparation of attractive meals on short notice

On the shelf will be foods that keep well--some that can be adapted to many dishes. Mostly these foods will be those that can be prepared quickly. It should be possible to get almost a whole meal from the shelf. But usually it will be resorted to only to supplement what's on hand.

Charter members of any collection of emergency foods are cereals like macaroni, spaghetti, cornmeal, and rice that form the basis of many cheese and meat dishes. There also should be some form of dried or evaporated milk--a jar of salad dressing--some canned soup. And several kinds of canned meat or fish--vegetables--and fruits should be on hand.

In addition to these staples there may be some of the prepared quick-bread mixtures that have only to be mixed with liquid, then baked. Olives and pickles, jars of jelly or jam, a can of mushrooms, tins of crackers and cookies, some cheese in the ice box are other foods that will add zest and variety.

A hostess might do well to imagine herself in a position where she is called upon to get a company meal in an hour or less--think what she'd have to eat--then stock the shelf with other supplies she'd need.

An emergency meal like any other, to be substantial and satisfying, needs to center around meat or other protein food. Home-canned meats and canned fish of all kinds are ideal for getting ready in a hurry, because they have already been cooked during the canning. Like all meat cookery, the reheating of them should be at a moderate temperature.

One substantial main dish made out of home-canned meat is a meat and onion sandwich. First cook sliced onions tender in water, broth, or gravy. Thicken slightly with flour. Cook for a few minutes, then stir cut up meat into it. Heat thoroughly. Season with salt and pepper, celery seed,--maybe some parsley and catsup. Use this as a filling for sandwiches of bread or with hot biscuits as shortcake. Pour gravy over the top.

A well-seasoned mixture of chopped canned meat and mashed potatoes or boiled rice, moistened with gravy, milk, or tomatoes, may be used to stuff peppers or to rull up in green leaves of cabbage. Bake either of these for about half an hour in a moderate oven.

If there are no peppers or cabbage on hand the same mixture with the meat ground up instead of chopped may be shaped into croquettes. These are dipped in diluted beaten eggs, then in break crumbs, and fried in deep fat.

Canned tuna--salmon--mackerel--crab may be scalloped quickly. Make a thin sauce of fat, flour, salt, and rich milk. Put fish in layers into a greased baking dish. Pour sauce over the fish, layer by layer. Cover with buttered crumbs, and cook in a moderate oven until the sauce bubbles through the crumbs.

Sardines, grilled and served on toast is a tasteful dish for a rush meal. Tuna fish creamed and served atop a fluffy pile of rice is another. Chipped beef on toast--scrambled eggs with mushrooms cut up in them--Welsh rabbit--macaroni or spaghetti with cheese are a few old-time favorites.

There should be several cans of versatile tomatoes on any emergency shelf. These are invaluable for adding flavor as well as vitamin C to a number of dishes--canned meat in croquettes, for instance--or with cheese, eggs, and seasonings in a tomato rabbit. With onions, salt and pepper, cloves, and other suitable seasonings they may be thickened into a sauce to serve over spaghetti--on eggs baked on a bed of boiled rice--over lima beans.

They're good stewed with celery. And they may be heated, then flavored with crisp pieces of bacon and onion browned in butter. Sometimes they can even double for a salad--just served cold as they come from the can garnished with chopped parsley.

Other canned vegetables at home on an emergency shelf are corn, green beans, asparagus, green peas, beets. These may be served as an extra dish--buttered--or a combination of them scalloped. Or one of them may be combined with a vegetable the homemaker has planned to serve to her family--so that there will be enough for 2 or 3 extra persons.

Tomato, corn, and cheese on toast is a dish that needs little cooking. All the makings can be from the emergency shelf.

Tomato, Corn, and Cheese on Toast

Brown three tablespoons of flour in a skillet. Remove from the skillet and blend with 2 tablespoons of meted butter or other fat. Brown one sliced onion in one tablespoon fat. Mix together in the skillet, the onion, the flour and fat mixture, two cups canned tomatoes, two cups canned corn, two teaspoons salt. Cook for about 10 minutes. Stir in one-fourth pound of sharp cheese, shaved thin. When the cheese is melted, serve on thin toast.

Canned vegetables may be used to supplement fresh in salads. Or, if the necessity arises, it is possible to make a whole salad from the emergency shelf. An absence of lettuce doesn't mean that there needn't be a salad green. Green cabbage makes just as good a background. Watercress, dandelion greens, tender inside leaves of spinach are all good in salads.

Just a twist of the can opener will yield many good fruit desserts. With a little trouble, halves of canned apricots or peaches can be turned into a rousing meal finale. Drain the sirup from them. Place, pit side up, in a shallow baking dish. Pour a little melted butter over them, and salt. Broil under a flame or bake in an over until the fruit is lightly browned. Serve hot.

Fruits may be made into shortcakes, too, by the use of the prepared biscuit mixtures on the market. Or gingerbread may be baking during the main part of the meal--be hot and ready to serve with whipped cream or a chocolate sauce for dessert. If cheese hasn't been served during the meal, crackers and cheese may be the final touch.

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INFORMATION FOR THE PRESS

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THE MARKET BASKET
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FRUIT WHIPS

According to the calendar--the homebuilding activities of the birds--and the giddiness of women's millinery--spring's here for 1939. That means a period of change from the meal-planning angle. To suit capricious springtime appetities the season's menus must strike a happy medium between warming winter meals and the lighter fare of summer.

Of all desserts, some of the most appropriate for spring are the fruit whips. These pastel-tinted fluffy creations make use of egg whites, plentiful now. And they add a fillip of color as well as of flavor to a meal.

Fruit whips, defined simply, are combinations of egg whites and fruit. The fruit gives to a whip its flavor; the egg whites, it's characteristic airy texture. It may be baked--then served hot or cold. Or it may be combined and served uncooked. Whipped cream is a delicious addition to an uncooked fruit whip.

But cooked or uncooked--hot or cold--the principles for combining the ingredients are the same.

First step is the preparation of the fruit. This must be ready to add to the egg whites immediately after they are beaten. For if they are allowed to stand they'll lose much of the air that has been incorporated into them by the beating.

The chief qualifications of a fruit that will make asuccessful whip

sure that it have a pronounced flavor and a pronounced color. The fruit may be fresh, canned, or dry, but it cannot have too watery a consistency. Fresh fruits such as tart apples may be made into a sauce, sieved, mixed with lemon juice, and sweetened to taste before combining with the egg whites. Canned fruits may need to be sieved.

Dried fruits such as peaches, apricots, and prunes should be washed, then soaked. To get the right consistency of pulp for a whip, allow about 1 cup of water for every half pound of dried fruit. Soak the fruit in this overnight or for a shorter time in warm water. Cook in the same water until the fruit is tender. Then sieve. There should be about 1 cup of fruit pulp for every half pound of fruit. Sweeten each cup of pulp with about one-half cup sugar. Heat until the sugar dissolves.

There are special precautions to observe when beating eggs for fruit whips or any other mixture. It's a good idea to get the eggs out of the refrigerator ahead of time, because the whites whip up more quickly when they are at ordinary room temperature. Any fat--on the beater or in a bit of egg yolk--that gets into the whites will keep them from beating up stiff.

Adding salt to the whites just before beating will make a foam that has a greated volume and is less likely to become watery on standing. If the beating is done with a rotary beater, the foam will be finer. But the volume of foam will be greater when the egg whites are beaten with a whip beater. Either is satisfactory.

For a whip, the whites should be stiff but not dry. At this stage the foam will be shiny and will hold its shape when the beater is removed. Whites beaten beyond this stage will look dry and little flakes will fly off during the beating.

With egg whites beaten stiff and the hot fruit pulp on hand, the whip is ready to be combined. And this requires a special technique. Fruit pulp added hot to the mixture partly cooks the eggs, enough to give body to the mixture. Pour the hot mixture gradually over the egg whites and combine with a gentle folding motion. It takes less time to combine the two mixtures this way than when the egg white is added to the fruit. Consequently less air is lost.

If the whip is to be baked, pour it immediately into a buttered pan. Cook in a very slow oven (225° to 250° F.) in a pan surrounded by water. About an hour of baking is right for the usual amount of whip--enough to serve 5 or 6 persons.

This slow cooking allows the whole mixture to "set" as it cooks. If the temperature is too hot, the outside will harden before the center is cooked and the whip is likely to fall. A baked whip may be served hot or cold. Cold custard sauce or cream go well as accompaniment.

A whip that is to be served without cooking should not be mixed long ahead of time. If whipped cream is used, it may be folded into the mixture after the fruit pulp and egg white combination has been allowed to cool somewhat. This should be served as soon as the whipped cream is mixed in. Some whipped cream may top the whip. Or it may be served alone, simply piled lightly into a dish, a flourishing curlicue of the whip on top for decoration.

It is possible to keep an uncooked fruit whip light and fluffy for hours by adding a little gelatin. For a mixture using the whites of 3 eggs and a cup of fruit pulp, 1 teaspoon of gelatin is enough. Soften this in 1 tablespoon of cold water. Add this to the cup of hot fruit pulp. Stir until the gelatin is dissolved. The rest of the mixing is the same. These whips may be chilled in the refrigerator.

Following is a good recipe for an uncooked fruit whip. Although apricots are called for, it is equally good when a cup of prune, peach, or other fruit pulp isused in place of the apricots.

Apricot Whip

Make a fruit pulp from one-half pound dried apricots. Heat with one-half cup of sugar. Fold into the stiffly beaten whites of 3 eggs containing one-fourth teaspoon of salt. Set aside to cool. Whip one cup of heavy cream. Either fold all into the apricot mixture, or fold in one part and save the rest to flavor and serve on top the pudding. Serve at once.

For variation, different flavorings may be added to the fruit pulp before it is added to the whites--a bit of almond extract or a little lemon juice. Grated rind of orange, chopped almonds or other nutsalso add a note of interest.

First cousins to these fruit whips proper are the mixtures of whole fruits and whipped cream. A worthy representative of this group is Strawberries Supreme. For this, whip cream stiff, add powdered sugar to taste, a little salt, and continue whipping until all are well blended.

Fold into this selected ripe berries, well washed, capped, and drained. Fold until each berry is coated. Serve at once so that the juice won't be drawn from the berries to thin the cream. Boysenberries, blueberries, red raspberries, or youngberries may also be served "supreme" this way.

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